



Coffee Cup

A Newsletter for Valley Hope Alumni and Friends

Oct. - Nov. 2006

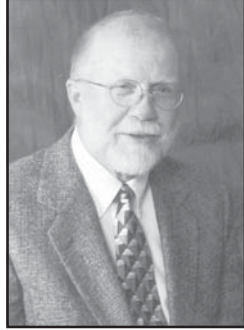


The Family
We Never
Knew
We Had

1811 Eastlake

By: Ken Gregoire, Ph.D.
President/CEO

It is not uncommon for an alcoholic or addict to be admitted to one of our facilities totally defeated, devoid of hope, denial washed away, resigned to finishing out their remaining time in a chemically soaked haze. We know this as the bottom, not the end, but a starting point, a place where most addicted people need to get before a life of sobriety is possible. We are accustomed to seeing loss of hope and resignation in individual people and know what to do to help.



Ken Gregoire, Ph.D.

Recently, though, I read a newspaper article that was evidence to me of a loss of hope on a grandeur scale. In Seattle, Washington there is an apartment building at 1811 Eastlake. In order to be given a government financed apartment at 1811 Eastlake a person needs to be identified as one of the most ill of the alcoholics in Seattle, a revolving door drunk. Once in an apartment a resident is free to drink without restriction, without organized attempts to provide help or treatment for their addiction. Public policy makers have determined that tax payers in Seattle had been spending roughly \$50,000 per year on each of the most ill of the homeless alcoholics identified as eligible for an apartment at 1811 Eastlake. The annual cost for a homeless alcoholic at the apartment building is projected to be about \$13,000. Quite a bargain.

Annual Meeting Notes

VHA Marks 39 Years Of Providing Quality Treatment

The Valley Hope Association celebrated 39 years of operation during the Annual Meeting in Norton on August 18, 2006. The meeting commemorated yet another successful year of providing quality treatment to thousands of individuals across the country.

Dr. John Leipold, Executive Vice President and Chief Operating Officer, reported that during the fiscal year just completed, Valley Hope provided 142,395 patient days with 391 as the average daily census system-wide. The average length of stay was 20.47 days for the year ending June 30, 2006.

Outpatient numbers continued to soar with 2,126 primary outpatient days compared to 1,980 the previous year, said Leipold.

Leipold also discussed the re-organization of outpatient facility supervision; the newly opened outpatient facility in Omaha, Nebraska; and the addition of Brent Carter, Director of Business Operations, to the VHA staff.

VHA President/CEO Ken Gregoire, PhD, shared his thoughts on the treatment field and the growth of Valley Hope Association, which now employs over 600 people system wide. Gregoire discussed our continued relationships with managed care as well as the steps Valley Hope is taking to provide

Now in order to qualify for a government financed apartment and shuttle service to a grocery store where alcohol can be purchased, prospective residents need to be homeless and to have failed at least six times at trying to become sober. Six times? As I write, I am thinking specifically about a distinguished, professional man for whom I have immense respect and affection. After being discharged from what was his sixteenth treatment attempt he walked into an alley and saw a bottle of whiskey still half full. Not yet ready to stop drinking he accepted this good fortune, picked up the bottle and took a healthy swig. The bottle contained urine, not whiskey. Bottom! This wonderful gentleman has not taken a drink since and has helped many addicted people find their way to sobriety. I wonder what might have been if after that sixteenth treatment attempt he had been given an apartment and allowed to drink freely. This social policy experiment in Seattle seems to me like enabling at its highest level. Darker yet, this experiment seems to me to move us a step closer to a society where in order to save money we make the chronically ill as comfortable as possible before they die rather than expend the resources necessary to treat them. It is interesting that we begin with the disease of alcoholism. I wonder which chronic disease will be the next one considered too expensive to treat.

This much I know. Alcoholism and drug addiction are highly treatable illnesses. The most ill of the afflicted are not beyond hope. I know that all of the wonderful Valley Hope helpers working day to day with the addicted will continue to extend a hand to each human being without judgment. We won't become complacent; we won't give up on any alcoholic or addict.

We stand ready to be a part of "the family we never knew we had."

additional treatment options for patients today, which includes the new "Traditional Care" 30 day treatment alternative.

He reiterated Valley Hope's commitment to providing quality treatment. "We will never get complacent; more importantly, we will never give up on anybody," he said.

VHA Board Chairman John Cumings of Littleton, Colorado, presided over the meeting. Chief Financial Officer Tom Baumann gave the financial report. VHA Board Vice Chairman Pat George presented the minutes from the previous Annual Meeting.

The board had four members with expiring terms. Jack Andrews, Lincoln, Nebraska; Pat George, Dodge City, Kansas; John McClymont, Norton, Kansas; and Doug Sebelius, Norton, Kansas were unanimously re-appointed.

Other members of the board are; Jeff Wheeler, Colorado Springs, Colorado; Ada Arford, Norton, Kansas; Dave Hill of Baldwin City, Kansas; Dr. Merlynn Colip, Norton; and Mike Carr, Oklahoma City. Jim Danielson is a Lifetime Member Emeritus.

VHA Board Members

Pictured following the 39th VHA Annual Meeting in Norton are VHA Board Members, from left, front row: Dr. Merlynn Colip, Norton; Doug Sebelius, Norton; Jack Andrews, Lincoln; Dave Hill, Baldwin City; back row: John McClymont, Norton; John Cumings, chairman, Littleton; Pat George, vice-chairman, Dodge City; and Jeff Wheeler, Colorado Springs. Not pictured are Ada Arford, treasurer, Norton; and Mike Carr, secretary, Oklahoma City.



From The Foundation

By: Megan O'Connor
Director of Development

If you are lucky enough to get to treatment...count your blessings and add that to your gratitude list. The foundation for recovery that begins at Valley Hope is life-changing and a genuine gift.

Statistics report that for each person who admits to alcohol and drug treatment, at least 20 more need it. I visualize a large ship on the ocean filled with happy, healthy people and families in recovery. The dark, cold and rugged ocean water is filled with people struggling to swim and stay afloat in their addiction.

The VHA Foundation exists to generate gifts and grants to help people get the treatment they need. We have recently completed a very successful fiscal year with the help of our supportive friends and generous contributions.

Our recent brick Wall of Honor campaign has produced nearly \$25,000 for the Endowment. This money will provide life-



Megan O'Connor

changing funds in perpetuity and help hundreds of individuals and families for many years. Construction of this project will begin soon.

We have experienced a tremendous volume of memorial gifts in recent months. It is sad to report so much loss, especially the loss of several young people. My hope is that those shouldering grief and loss will be comforted knowing their memorial donation helped another person find the gift of recovery.

Thank you to those who supported Norton's 'Night to Remember' by sponsoring a candle in honor or memory of someone special. The song-filled, evening of gratitude produced more than \$500 for Norton's patient fund, providing funds for books and personal hygiene items for patients with immediate financial concerns.

Thank you for your recent gifts to help us help others.

Alumni News

Please visit our new website: www.valleyhope.com and click on the 'Alumni' link. Sign up with the alumni office today.

**JOIN OUR
ALUMNI FAMILY**

- Find a Valley Hope alumni support group near you
- Receive emails from the Valley Hope alumni development office.
- Receive notification when the new *Coffee Cup* is available on line.

An alumni support group is a group of people (former patients, friends and family members) who have a connection to Valley Hope. They have one common interest....supporting each other in recovery. Some groups meet a few times per year, others meet more regularly. The groups get together for socializing and participating in activities, i.e., bowling, potluck dinners with a speaker, BBQ's and other fun events. It is a way to stay connected, help others and help yourself.

Alumni Support Groups are forming in many locations. If you are interested in being an area support group leader, please email Megan O'Connor at megano@valleyhope.com or phone (785) 877-5111.

Giving Gifts And Tax Tips!

By: Megan O'Connor
Director of Development

Helping others by giving the gift of life is satisfying. Valley Hope Association and Valley Hope Association Foundation are non-profit organizations and your gifts are tax deductible. We want to make certain you're reaping the tax benefits also.

In an effort to prevent abuse and simplify giving to charity, President Bush recently passed legislation.

Taxpayers who want to deduct cash contributions will have to substantiate all their donations, even if they're for small amounts. In the past, the IRS didn't require a receipt for cash contributions of less than \$250. Starting next year, you'll need to be able to substantiate all cash contributions with a receipt from the charity or a bank record.

New legislation makes it easier to donate money to charity from IRA's (Individual Retirement Accounts). The provision, which is effective only for 2006 and 2007, allows individuals who are 70 1/2 years or older to take tax-free withdrawals from their IRA's as long as that money goes directly to charity.

Norton

What's Perkin'

The Family We Never Knew We Had

By: Carol S.

When I first came into recovery I was lonely, depressed, confused, ignorant and feeling like a real loser. To my amazement, after a short time, I began to feel like an important part of my community, family and work place. Sometimes I still feel the things I came into recovery with but now I find that I am not alone. EVERYONE feels that way at times.

All the people I have met in recovery have been wonderfully accepting of me and they have taught me the art of forgiveness, acceptance, and joy in living. It was not always easy. I have a tendency to be quite opinionated and when I think I am right I will hang onto it until proven otherwise (I have also learned the art of patience).

When I am wrong it has become easier to admit it. Not easy, but easier. I love the family I grew up with as a kid. The family I came to in recovery is very special because they accepted me in ways that no other family members could have. That is not a criticism of my family. It simply means that my recovery family is not emotionally invested in my behaviors or moods. If I am having a bad day my recovery family doesn't want to fix it for me, they let me work it out on my own and stand by if needed.

My birth family wants to fix things for me. That is what makes some of us so sick. We become dependent on the wrong people. Rather than spreading our wings to see how far we can fly, we hang onto the tail feathers of those who will let us and never become strong enough to fly on our own. When someone lets us fly on our own we usually find we have the ability we did not know we had. That is what my recovery family did and does for me. My birth family does not understand my recovery lifestyle. I have not asked them to do so. They do know that there is something that happened to me that made me much easier to live with...

We find that people who come into treatment are often not very easy to live with at first. They may be detoxing or angry about being in treatment. They may be embarrassed, scared, hurt, humiliated. Those elements do not tend to create a friendly feeling in most of us. Before long we find that people are warming up to the treatment environment and actually learning to laugh, the best medicine — that all comes from contact with people who accept us as we are, where we are, and accept all our ugliness. Negative attitudes do not survive in the face of kindness and joy.

Our NEW FAMILY is created! When folks come for Renewal Days we find that at first everyone is a bit reserved but after only a few minutes hugs and laughter is shared all around. Patient groups find that all to be amazing as well. That is why it is so important for people to come for the Renewal Days, so that you can meet up with other people in treatment

who may need you after their treatment phase of recovery is ended. Another reason Renewal Days are so important is that we can get the boost we need to keep going in our own lives and to be committed to our own recovery, to be renewed, to share with THE FAMILY WE NEVER KNEW WE HAD!

We have just celebrated our 39th Alkathon. This was another successful party because our FAMILY was there with their smiles, hugs, stories, and enthusiasm for recovery, ready to share. The speakers were great, the food was excellent, the fellowship was top notch, and the weather even cooperated, giving us a beautiful day to celebrate recovery.

Since July we have celebrated a number of Birthday's with folks who have come to be renewed. On Renewal Day, July 14th we celebrated **one** (1) year with Steven V., Lodge Pole, Ne.; Judy P., Lyons, Ks.; Deanna P., Gypsum, Ks.; Terry Q., Oxford, NE.; Nicholas C., Salina, Ks., and Ernest H., Concordia, Ks. We celebrated **four** years with Bob S., Oberlin, Ks. **Five** years were celebrated with our own Megan O., Norton, Ks.; **six** years with Doug B., Gothenburg, NE.; **seven** years with Bud M., Strasburg, Co.; and a whopping **28** years with Jerry P., Jefferson, Co.

In August at the Alkathon, we celebrated **one** year with Greg B., Clyde, Ks.; Brad S., Dodge City, Ks.; Sarah F., Hastings, NE.; Kathleen M., Spearville, Ks.; Henry W., Orleans, NE.; Rose C., Great Bend, Ks.; Doyle C., Superior, NE.; Amy H., Haigler, NE.; Mike and Sharon S., Syracuse, Ks. Rick W., Sidney, NE.; and Brad W., Colorado Springs, Co. We celebrated **two** years with Jeff L., Hays, Ks. We celebrated **seven** years with Kim and Rick S., Syracuse, Ks.; **10** years with Wayne J., Garden City, Ks. and Brian S., Plainville, Ks. **Twelve** years were celebrated with Eva Marie H. and her son Clint. **Nineteen** years were celebrated with Ila G., Lebanon, Ks. Dan K., Dodge City, Ks. celebrated **20+** years with us. Way To Go Gang!! We hope to see you again and again!

Steve H. and other staff figured up that there were 347,068 total days of sobriety present at the Alkathon. What a wonder that is! If I have missed anyone please let us know and we will get it in the next *Coffee Cup* edition. God Bless you all.



Serenity says it all...the carved log above was a gift to Norton Valley Hope from Laura C. of Elwood, NE.

Alkathon 2006!

Norton Valley Hope celebrated 39 years on August 19. A big crowd turned out for the festive event which featured speakers, fellowship, presentations and more!



Valley Hope Alumni Groups

Dodge City/Ford KS--Nov. 19 - 9:30 a.m.
(New Location, Beck's Blue Hereford, Ford, KS)

Hays, KS--Oct. 22 - Nov 19 - 8:30 a.m.
Vagabond, Vine Street

North Platte, NE --Oct. 21- Nov. 18 - 5:00 p.m.
First Baptist Church B & McDonald North

Garden City, KS -- Oct. 22 - 9:30 a.m.
Golden Corral

AFTERCARE
Every Thursday at
6:30 PM

Renewal Date

Oct. 13 Nov. 10

FOR ALUMNI ACTIVITIES:

Check out the Events Calendar link under the Norton location on our website at www.valleyhope.com

RENEWAL DAYS
Second Friday of Every Month

Boonville/St. Louis/Springfield

The 13th Egg

By: Scott E.

"I feel like the 13th egg," I would tell my friends, "I know I'm one of you, but I don't think there's room in the carton for me."

One of the reasons I believe I'm a "born alcoholic" (or, if you please, "genetically predisposed to alcoholism") is the fact that I have, quite simply, never felt as if I "fit" anywhere. It's not that I didn't have any friends (I did) or that my family didn't want me (they did) or that the people in my church didn't accept me (they did) or that my wife didn't really love me (she did); but the fact of the matter remains that I always felt as if I was on the outside looking in.

In my experience as a Chaplain at Valley Hope, I have found that sentiment to be true of many alcoholics: We live with that gnawing feeling that there is something inherently wrong with us, and that the people who say

they love us are either lying or not paying attention. Now I'm not talking about self-pity (although I could!), or depression, but what I believe is one of the symptoms of our disease. There are very few alcoholics who have not begun their descent into chemical hell by simply taking a drink or a drug in order to "fit in."

We use all sorts of excuses for our behavior: "It's easier to talk to women if I have a few drinks first," "I can get more work done if I snort a line first," "I'm not as tense at social gatherings if I smoke a joint first ..." ad infinitum. The whole sordid mess boils down to one simple longing of the heart: "I do what I do in order to become what I'm not in order to impress people I don't like so I can keep on living a lie." Lord ... the mere memory of it makes me shudder. But then the miracle happened:

October 28, 1990, three of my co-workers performed an intervention on

me. At the end of our time they had not convinced me of my alcoholism, but they had made it clear to me that I was to be prepared to be picked up at 6:45 that evening so I could attend my very first AA meeting. Joy of joys! I couldn't have dreaded a colonoscopy more! I didn't want to be an alcoholic! I didn't want to be "one of them." Even though I didn't feel as if I fit in anywhere else, I most certainly did not want to fit in with that bunch of people. By the grace of God, however, I did!

By the time I'd been at that meeting for 10 minutes, I knew I was exactly where I was supposed to be. For the first time in my life, I was part of a family: It was not a family united by genetics, or language, or creed, or ethnicity, but by this disease and our reaction to it. I'm proud to say I'm an alcoholic today; it gives me a connection to the family I never knew I had, and it reminds me that I never have to be alone again!

Congratulations on 25 Years!

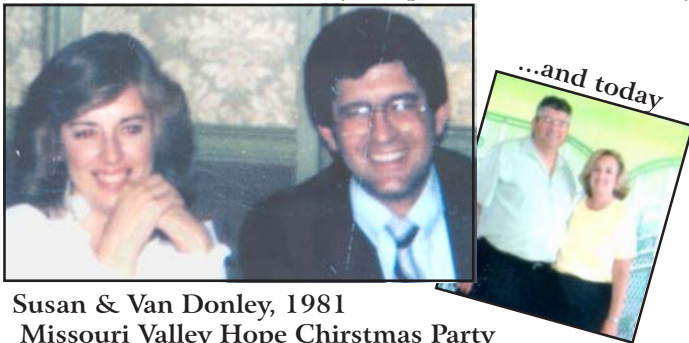
Susan Donley

Susan began her work on May 27, 1981 in the Business Department of Boonville Valley Hope as a part-time "back-up" aide who administered the psychological testing. During that time she trained and became bookkeeper. Five years later Susan moved up the ranks and became business manager, a position she held until last year. When and if necessary, Susan would help out by serving meals, scrubbing toilets and moving furniture. She can also add a column of figures in her head faster than most people can operate a calculator! At current, Susan is an Administrative Assistant II, showing that she truly is a "Jack of All Trades."

Over the last 25 years, Susan has continued to be a blessing as she daily shares her kindness, her keen sense of humor, and sense of duty. Sudan also serves as a source of help to many staff around the facility as we value her intelligence and leadership qualities.

Thank you Susan for all of your continuous hard work. We appreciate you!

Those at Boonville Valley Hope, also wanted to say



Susan & Van Donley, 1981
Missouri Valley Hope Christmas Party

"Congratulations" to Van Donley, who was an original Advisory Board member and helped obtain necessary licensures needed for the founding of Boonville Valley Hope. Van still plays an important role as he brings the business office staff food and other goodies—even without being coerced by his wife. We give a nod of thanks to you!

Marilyn Noyes

Marilyn began her work in the department of nursing as a patient care aide on April 20, 1981. Over the last 25 years, Marilyn has blessed patients and staff alike with her wit, empathy, creativity in crafts and decorating of the center, and diligence in providing people with respect and care.

Valley Hope has seen many changes in the patients and program over the years but Marilyn has continued to be of service to those in need. And boy was there need! She did everything from cleaning rooms and laundry to serving meals and training other staff.

At current, Marilyn can most often be found working the night shift at the nurses' station. She answers calls for help by prospective patients and family members and continues to be a source of support for those still suffering from withdrawal in the recovery room.

Thank you Marilyn for all of your continuous hard work. We appreciate you!



Marilyn Noyes
Missouri Valley Hope 4th
Anniversary Party

Boonville Welcomes New Staff

It has been a lovely year as we have had new additions to the Boonville Valley Hope family.



Tom Judah

Tom Judah joined the clinical team as a counselor in April and since then has shared with us his experience, firm and consistent approach and great humor which helps provide

laughter to every morning staffing.

Tom began his journey at Norton Valley Hope in 1972, and since 1984 has worked in the substance abuse and dual-diagnosis community. Although Tom started as a Counselor's Assistant working in the substance abuse unit at the "old St. Joseph State Hospital," Tom quickly worked his way up the ranks. Tom has held CASAC certification since August of 2001. He holds an ICAADC certification from the NCRC and is qualified as a Screener for Missouri SATOP programs. Tom has also worked as a counselor, Clinical Supervisor and Program Administrator over the years.

Tom has now settled back into the role of counselor. He most enjoys the time he spends during one-to-one, individual sessions and he loves the challenge of working with patients of different cultures and backgrounds.

At home, Tom lives with his wife Dora. In his free time, Tom enjoys going antiquing and attending auctions with

Dora as they add to their numerous collections.

Donette Chrisman joined the clinical team as a counselor in May. Donette has also been a blessing to Boonville Valley Hope because she provides much experience, heart and a reliable, quiet strength as a counselor.

Donette has worked in the substance abuse and dual-diagnosis field for eight years. Over this time, she helped co-create a dual-diagnosis program in Iowa and last



Donette Chrisman

year passed her advanced counselors' certification.

She has found that settling down as a counselor in a residential facility is most preferred. When asked what Donette likes most about her job, she had a hard time coming up with one answer. She stated that she enjoys: one-on-one individual sessions, looks forward to facilitating small group each day and loves to feel the joy of hearing alumni say, "I'm still clean and sober!"

Donette works each day to maintain a healthy balance of hours at work (with scheduling) and at home. When not a work, Donette loves to play with her daughter, granddaughter and dog, ride her Harley, go to church, visit her grandparents and take day trips with her family. Her clan includes: Nana, Carrie, Brandi, Amber, Michaela, Izaiah and Sugar, "the spoiled Pekingese."

Milton Schnetzler Continues To Enjoy Role At Boonville

Milton Schnetzler joined the nursing department in March, 2000 and has been Assistant Director of Nursing since November 2005. He has worked in nursing since 1991, and has been an RN since 1995. He obtained his BSN from the University of Missouri, Columbia; Sinclair School of Nursing in 1999.

Prior to his employment at Boonville Valley Hope he was employed in long term care as an RN and as a



Milton Schnetzler

Nursing Home Administrator.

"I find that working at Boonville Valley Hope is challenging and it is always a rewarding experience to help people whose lives have been touched by the disease of addiction, and to assist them in the recovery process. I enjoy working with the entire staff and think we have a great team," he said.

Milton and his wife Marge enjoy living in Boonville.

Boonville's Silver Anniversary--25 Years of Sterling Recovery

By: Elizabeth Burns

It's a little like time in recovery. A treatment center operates one day at a time, and one day leads to another day, until we look back and realize we have made a chain of days--25 years of them, in fact, strung together like a bright, strong necklace.

On Saturday, August 5th, we celebrated Boonville Valley Hope's Silver Anniversary--25 years of Sterling Recovery. As we say in the medallion ceremony, "the patients who are here now, and the patients who were here then, the staff who is here now, and the staff who was here then" gathered together. We were joined by special guests and our families and friends. Nearly 200 people were there to honor each other, share memories, and celebrate recovery. After the sobriety countdown, the tally was 776 years, 11 months, and 1 week of

recovery. Tell that number to people who don't believe in miracles!

The day began with a memorial as we dedicated the new gazebo. Over the years we have lost a number of people who are very special to us and the recovery community. We honored one of them on Saturday by dedicating the gazebo to Hugh Overstreet, who was a longtime member of Boonville's advisory board and a good friend to Valley Hope. The gazebo was also built in loving memory of Tim C., Jeff B., William N., and Josh B. Donations from their friends and families paid for the gazebo's construction.

Keynote speaker Ken Gregoire, speakers Juanita Gregoire and Curt Krebsbach helped set the tone for the evening by sharing their memories, humor and inspiration. It was a bit of a family reunion as all of Boonville's Program Directors, past and present,

attended and were honored by the patients with flowers as they were introduced. Thank you to past directors and interim directors Lane Armstrong, Juanita Gregoire, Dale Wilkinson, Curt Krebsbach, Dave Ketter, Pat Veltrop, and Jan Chase for coming to share the day with us. Unfortunately, no one remembered to get a group portrait of this illustrious bunch while they were together!

Congratulations to alumni Raymond W. and Ken K., who received Golden Heart Awards for their service to Boonville Valley Hope and our patients. Both of these men have been great help and encouragement to our patients and staff for a number of years. Louis Marerro (aka "Chef Louie") was unable to attend and receive his Golden Heart,

(Continued)

(25th Anniversary continued)

given for his generous contributions of time and refreshments for our annual celebrations.

We also had the privilege to honor two staff members who have been with BVH for all 25 years, Susan Donley and Marilyn Noyes. Program Director Elizabeth Burns and Director of Nursing Susan Wood presented silver bowls of flowers to Susan and Marilyn, after thoroughly mortifying each of them with shared memories of their



Hugh Overstreet Memorial Gazebo was dedicated on our 25th Anniversary celebration.



Left to right: Jennifer Buerky, LPN; Jeanne Oliver, Counselor; and Susan Wood, Director of Nursing.



Sarah Sims, right, and Hannah Calvanese, of Springfield Valley Hope, sold Christmas ornaments for the 25th Anniversary.

history with Valley Hope. Marilyn actually helped carry the furniture into the facility before it opened. Susan was a relative latecomer, arriving a few months later.

The evening wrapped up with a White Elephant Auction, which raised money for our special patient fund. Many thanks to our emcee of the evening and auctioneer, Monte "Git-R-Done" Miller, admissions coordinator and emcee extraordinaire. I have a feeling the pink purse and potty picture will be reappear at future events!

Thank you to everyone for all their hard work and contributions which made the evening such a success. And glory be for the miracles we see day after day, adding up to 25 years and beyond.

Today I am sober but still an alcoholic
 A disease I will have until God unlocks it
 Bud and Miller, Grey Goose and Sprite
 I starve and cave and give up the fight
 It's my choice to drink or not to drink
 Until my dying day this I must think
 I circle the drain and flush my life
 Say farewell to children and wife
 Minute by minute I must take
 This disease and all its wake
 I lay on the ground and stare at the night
 Wondering if I can see a pin prick of light
 Around every corner and I around every bend
 You are with me until the end
 So if you must be a part of my life
 I shall keep you in the light
 Around and around we will go
 Throwing punches blow for blow
 In my body and in my mind
 I shall beat you 24 hours at a time
 I found my answers to laying down my dope
 Now I walk the path
 through the Valley of Hope

~Shawn G.



Staff and guests: From left to right, front row: Rex Real, Board President; Ken Gregoire, VHA President; Curt Krebsbach, Training Director; Juanita Gregoire, Corporate Clinical Coordinator; Doris Wren, Outpatient Secretary; Randy Robb, Board Member; Larry Blecha, Asst. Program Dir.; Charlie Brzuchalski, Board Member, Natalie Wilson, Community Relations Specialist; back row: Dick Ebling, Board Member; David Bear, Board Member; Elizabeth Burns, PhD., Program Director; Tammie Warren-Beitz, Business Manager; Becky Ehlers, Board Member; and Bill Mitchell, Board Member.



Left to right: Natalie Wilson, Community Relations Director; Monte Miller, Admissions Coordinator; Donette Chrisman, Counselor.



"The next Food Network Star!" Business Manager, Tammie Warren-Beitz wears many hats.

The Family I Never Knew I Had

By: Chaplain Phil

It seems as if my life has been a long journey looking for a place I belonged. I lost my first family, my birth family, at an early age when my mother died and I didn't feel like I belonged anywhere. I joined the Marines at age 17 and thought I had arrived, but what I found were a lot of drinking partners, not a real family. We all know what followed: a downward spiral of hopelessness and helplessness, but no one could change my course.

I threw my three marriages away and sought other people like me. I thought I had found a real family in the gutters I frequented, but they turned out to be a real motley collection of drunks and dope fiends. I fit right in from their viewpoint, but I knew something was missing in my life. I was not comfortable there and knew I was in the wrong place. What was I to do? Why drink more, of course.

I finally found myself under the bridges of Tampa, Florida. But this family too proved to not provide what

The Recovery Family

By: Barry H.

Growing up as I did in an unhealthy environment I am able to empathize with patients when they share about problem relationships with family. It may be due to a history of some sort of abuse, anger issues or the fact the family members have chemical dependency problems of their own.

The void that is created in the lives of the recovering person is tremendous when the source of their pain is a loved one. Many times they will return to those toxic relationships with the hope that this time it will be different, only to have those hopes destroyed with a word or a gesture.

Sadly, just because the recovering person is getting healthy, this does not necessarily correlate to their loved ones following the same path. As we have heard many times, the family can be as sick if not more so than the addict. We must be cautious and remind the recovering person that "just because they are family doesn't mean they are safe when it comes to recovery."

It is easy to set ourselves up to be hurt by having unrealistic expectations

I needed, what I was looking for. I knew I didn't belong to this family, either. Although I fit right in I was an intruder because I didn't belong there. I kept searching for a place I could be accepted despite my faults and the fact I was a drunk who couldn't stop drinking. I searched the bottom of many bottles, but never found the answer to where I belonged. I went steadily down hill: broken lives, jail, DUI's, homeless, health problems, on and on. GOD, ARE YOU THERE? DO YOU CARE?

One day, when I was highly intoxicated as usual, He answered me. I had that moment of clarity many of us has experienced. Like the prodigal son in Luke 15:17, I just somehow knew I had to do something right away... I had to take action or my life was over. I had heard of a place, where and how I don't know to this day; a place I knew I needed to get to...a place that just might accept someone like me; an outcast, a broken man, a drunk with an unredeemable past. I felt with all that was within me that this was my chance

of others. When our needs are not met by our family members we feel devastated. This can be and is a major trigger for relapse. What is forgotten by people new in recovery are those needs which their biological or nuclear family are unable to meet, can and many times will be met by their new recovery family if they only ask. This recovery family is able to give unconditional love and is able to provide a nonjudgmental atmosphere where the addict is able to share their pain without fear, express their feelings without

Miracles Do Happen

By: Jay C.

Growing up in a dysfunctional, alcoholic home I did not know what a family was. There was no love, support, or feeling of security. Going through life as an addict, two failed marriages, I still never found a family. It was not until I went to treatment when I found family. There I found people who loved me for who I was, unconditionally. I found people who cared what I had to say and were willing to listen and give feedback. I never felt like I had belonged or deserved to be happy, but finding my new family

for change and at that moment I started out for Cushing Valley Hope. Oh, I was arrested along the way for my fifth DUI and spent the night in jail, but I was undeterred. I knew I had to make it there.

The chief of police, who I knew quite well by then, drove me to the front door. Like the lady in the *Big Book* (pp.228-229, *Alcoholics Anonymous*) I stumbled into a place filled with strangers and found I had come home at last, to my own kind; to a new family in Cushing VH and in AA. I was accepted without reservation or prejudging. I was at home at last after 34 years of wandering and searching and found the family I never knew I had. But God knew and guided me to the very place I belonged.

That was 18 years ago this December 22nd. I have found a new freedom and a new happiness. I don't regret my past because it took what it took to get me here; to a place of serenity and peace. Thanks be to God who delivered me, who knew who my real family was all along. Psalm 40: 1-5 describes my journey to life.

ridicule and feel safe knowing they are understood. This recovery family is also an extended family, reaching out to all parts of the globe, meeting the needs of recovering people everywhere. A first name and last initial as well as a desire not to drink or use are the only requirements needed to be a part of this wonderful family.

Recovering alcoholics and addicts, welcome home. The coffee's on and we're glad you are here. Does it get any better than that?

in recovery helped me find myself. At age 39 I finally found happiness.

A funny thing happened during and after treatment, my biological family began to grow close. You could say all of my family was going through treatment with me; for the first time we were dealing with our issues, talking about them. Other than my father, we pulled together and became a loving, caring family. Without my recovery family I don't believe this would have ever happened. I now have two families who love and care for me. Miracles do happen.

Welcome To The Oklahoma Continuum

I came to work for Valley Hope June 27, 2006. I recently received my Master of Human Relations degree. My bachelor's is in Sociology/Substance Abuse Studies. I have an incredible passion for the work I do, and am having a ball with the characters on this team in Oklahoma City.



Alicia Henthorn

I'm excited about my opportunity to learn and grow with Valley Hope. I am currently working under supervision toward my LADC. I am also taking the remaining courses I need to be eligible to begin work as an LPC. I am not married and have no children, but I do have a baby, his name is Sammy and he is an orange cat (who knew I loved cats so much?) He is teaching me to lighten up and be a bit more playful. I enjoy singing in various groups and love to read and exercise.

I am Gamar Newman the new Southern Region Business Manager. I am very happy to join the Valley Hope Association and look forward to working with you all. My background also includes several years of pharmaceutical industry experience.



Gamar Newman

I have a bachelor's degree in social work from the University of North Texas and have two MBS's from American Intercontinental University in Management and Marketing. It is my hope to rapidly get up to speed and become a contributing member of the management team. I will be based out of the Oklahoma City's outpatient clinic. My wife and daughter reside in Yukon, OK, a small city west of Oklahoma City.

Holly Craig is a new secretary who said she really enjoys working with people. "My husband and I have been married for four years and have a 21 month old daughter named Katelyn."



Holly Craig

"We enjoy spending time with my family and at the lake boating."

New Counselor Ed H. has been in recovery for 27 years and says the best thing about recovery is his wife. "I have been married for 25 years to my wife Pam," he said.



Ed H.

Ed has a BA in Christian Counseling.

Emotional Strength

You have the capacity to choose what you think about. If you choose to think about past hurts, you will continue to feel bad. While it's true you can't change the effect past influences had on you once, you can change the effect they have on you now.

~Gary McKay, Ph.D.

They are one and the same, Dana the Mad "Hatter" and Dana the destroyer of books. Actually it's Dana our receptionist.



Pictured above is Amy Morrison, counselor, after helping to hang her last cup at Cushing. Amy and family are moving to Pennsylvania. Our best goes out to her.



Volume 39 Edition 5

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Kathy Erbert, Editor

The Beautiful Family I Know Today

By: Alma J.

Coming into the program in 1981, I discovered a family of people like me. People who came from dysfunctional situations; people who were overly concerned about being perfect because on the inside they felt inadequate and "less than" everyone else; people who were very sensitive about what others thought, especially about them; people who were focused on pleasing others in order to gain affirmation and approval; and yes, we maintained our lives by three rules: don't talk about these issues, don't feel the feelings, but stuff them, and don't trust because we have been hurt or disappointed so many times. A lot of these people turned to alcohol or drugs or another dysfunctional person to cover up these feelings. Sound familiar?

For the next 25 years, I followed these rules very diligently and ended up in a "psych ward" for depression. (If you weren't depressed before you got there, you surely felt so when arriving there!) I really didn't learn much there and was put on medication and went back to teaching. When my community realized that I wasn't functioning in a healthy way, I was told to resign my job and I was sent to Eppley Treatment Center (notice "sent"...I didn't decide to go on my own) where I learned to talk about these feelings of inadequacy and failure and I discovered there were many other people there who were just like me!

We learned through the 12 Steps that we were powerless over the situations that caused our problems and that we could trust in a Higher Power who loves us very much. Even though I was baptized when I was five days old and learned to pray on a daily basis, I didn't realize God's unconditional love for me until I was a Junior in High School. It seemed to me that God was calling me to be a Sister, to be part of a religious family called the Sisters of Notre Dame in Omaha. There I studied and practiced being a member of this religious family for two years in what is called a novitiate. We were taught to seek God above all things, to be perfect as our Heavenly Father was perfect and if ever we were in pain or disturbed, we were to "offer it up" and so I learned

how to stuff my feelings some more.

God provided friends that I thought I could trust, but the feelings of inadequacy continued. I thought I had taken Step Three by surrendering to God my whole life, but when I came into treatment, I learned about the beautiful family I know today! I learned to share my feelings of anger and frustration, to forgive my parents and anyone else who hurt me, to be more assertive, to realize my goodness as a person and above all, how much I was loved by God and the wonderful family

The Family I Could Have

When I saw the theme for the *Coffee Cup* this time, I felt a sense of warmth in my heart. Three and a half years ago, I never dreamed of the family I could have. I started working at Valley Hope fresh out of college and scared to death. The staff here made me feel welcome and took me under their wings. I then began meeting all of you, alcoholics, addicts, family members and friends.

I knew I loved people, but all of you that I have come in contact with showed me just how deeply I could love people. You all are the family I never knew I could have. When admitted to treatment, many are broken, lonely, and needing someone to care. It has amazed me again and again how grateful I am to have the opportunity to meet people at time in their life where they have felt hopeless and watch you all become full of hope, spirit, and love for life and others.

Many of you have become like my family and I think of you often. Your families also have touched my life so deeply. I also discovered something else recently when I had a beautiful baby boy on June 5th, Hagen Louis. He is the family I never knew I wanted. Any of you who are parents know what my mom used to tell me, "You'll understand when you are a parent." She was right (but don't tell her I said that!). I feel deeper for all of you who have had to watch your babies struggle with drugs and alcohol. Some of you have lost your family as a result and for that I am sorry.

I have made a tough, but easy

provided for me! The family is at Valley Hope where persons are dedicated to service and loving people into wholeness! It is truly a family of love where people learn they are the greatest miracle because God loves them just as they are! It is a place where broken people work the 12 Steps of AA, NA and Al Anon. We teach unselfishness, honesty, love, acceptance and forgiveness. Today, I am very grateful for the families God has given me: my brother and two sisters, my relatives, all the Notre Dame Sisters, the staff at Valley Hope but especially every person who is in the 12 Step program!

decision to stay home with that baby I mentioned earlier. I am leaving for awhile, but not forever. However, I do feel like I am moving away from my family. My heart was sad when I thought about writing this article that will be read by some of the closest people in my life.

To the staff, you have no idea how much you mean to me and a piece of my heart will remain here with you. To those of you whom I have worked with and met through treatment, my heart is with you as well. Thank you for allowing me into your families and making me feel at home. You will never be forgotten.

With Love,
Valerie

Calendar of Events

Renewal Day - October 6

Renewal Day – November 3

Renewal Day – December 1

Medallions: Council Bluffs, IA: Eric O.; Columbus: Raymond B.; Waterloo: Scott V.; Omaha: Katie B., Chad K., Teddy G., Teri A., Debrah B., Maria S., Scottsbluff: Lee S.; LaVista: Angela P.; Norfolk: Cathy C., butterfly: Bill C.; Lincoln: Scott O., Tom R., Tara J., Jeremy G.; Colorado Springs, CO: Brandon W.; Bellevue: Bruce S., Pat L., butterfly: Judy L.; Villa Park, CA: Mary Beth B.; Hoskins: Kurt M., Pauline M.; Valentine: Chris H.; Scotia: John G.; Hartington: Randy J.; Gregory S.D.: Paul S.; Grand Island: Paul M.

Omaha Valley Hope

In the Valley Hope archives the date of: **July 11th of 2006** will need to be highlighted. This is the opening date of the first Outpatient Facility that was built specifically for Valley Hope Outpatient treatment services. This date finalized efforts in the Omaha area to open a Valley Hope Outpatient facility from a search that had been on-going for several years.

Dr. John Leipold created the design of the building while working closely with Gail Peterson with Lund Realty and with the Contractors, M & J Construction, on building details. During the dedication ceremony, as John addressed those in attendance, he mentioned that finding this site and having the opportunity to build within the Ralston community was "Truly a labor of love. From our community neighbors, to the Ralston Chamber of Commerce and Omaha area referral sources, all have welcomed our presence. And we want to be in communities where we're welcome."

Kirstin Hallberg of the Omaha Foundation organized the "Welcome to Omaha" and provided the coffee, iced tea, vegetable trays and other treats for the Dedication. Another Valley Hope friend, Richard J. also provided some home made goodies for the ceremony attendees. We thank Kristin, her organization and Richard for all their time and efforts to help make this day very memorable.

As of this writing for the Fall *Coffee Cup*, Dave Clark, Outpatient Program Director for the Lincoln, Omaha and

Mission, KS Valley Hope facilities, reported that during the first 37 work days the Omaha Valley Hope office admitted 100 patients. Congratulations to the Omaha staff; and kudos to the

Lincoln and O'Neill staff for their training, for all their staff preparation and for their hard work in helping to get people into treatment without creating unnecessary barriers.



Rod Bowder emceed the dedication ceremony and introduced Valley Hope staff to community attendees.



Attending the Omaha Valley Hope Dedication are from left: John Leipold, VHA Vice President/COO; Jack Andrews, VHA Board of Directors member; and Valley Hope founder Dr. William (Doc) Leipold.



The Omaha Valley Hope Ribbon Cutting hosted by the Ralston Area Chamber of Commerce. From left to right; Rod Bowder, Mary and Jack Andrews, Valerie and Dr. William Leipold, Dr John Leipold and Dave Clark.

Welcome Stefanie

My name is Stefanie Mason and I work as a secretary at Omaha Valley Hope. I was born and raised in Southern Iowa, and lived in Sioux City before moving to the Omaha area earlier this year.



Omaha has been a new adventure with new places to explore and new people to meet. I enjoy reading, Bible study, movies, spending time with family and friends and my two Cocker Spaniels.

I am very thankful that I was given this opportunity to work for Valley Hope, and I'm looking forward to this new chapter in my life.

Born in Wichita, Kansas, I was raised as an Air Force brat. I've lived in California, Alaska, Texas, Thailand and since 1975--Nebraska. Most of my family is originally from Nebraska so the Big Red runs deep in me!

I went to treatment at O'Neill Valley Hope in January of 2003 and then again in March. Valley Hope was one of the very best things to ever happen to me. After 27 years of drug and alcohol abuse Valley Hope showed me the way out of the insanity that was my life. I am eternally grateful to Valley Hope and the wonderful people who cared more about me than I did!

After treatment I went back to my old profession in newspapers and printing. I spent three months being absolutely miserable! I had no desire or motivation to continue with that occupation. The question was, what was I going to do? For the last three and a half years I have been very involved with AA on the group

and district levels as well as sponsoring a few guys. I'm not sure who I heard it from, but right down the street from the meeting hall I attended, Valley Hope Association was building the long talked about outpatient facility.

Well, the "God thing" happened. Some people might just say that I was in the right place at the right time and I would agree with them. Getting to that place had very little to do with me and a whole lot to do with God. I try not to question why God lead me here, but I'm just very grateful to be here.

Omaha Valley Hope is a beautiful facility and I get to work with some great people. I've already begun to see the miracles happen for our patients, what a gift!



Mark F.

29th Anniversary At O'Neill Valley Hope By: Rod B.

On Saturday August 26th, the Valley Hope staff and over 200 Alumni and Recovery Friends joined together for the 29th Anniversary Celebration of O'Neill Valley Hope. Chaplain Alma and Program Director Albert Webb welcomed everyone to the celebration and led the singing of "One Day at a Time".

Speakers Tim L., Tara S., Dale S. and Megan O. provided some experience, strength & hope to those in attendance. Thank you all for sharing your recovery journeys with us. Golden Heart recipients, Tim Hand from Grand Island and our own "Cookie" (Pat Krimm) inspired us for their extraordinary time and efforts by working with people in recovery at all levels in their communities and on their job. Cookie's granddaughter, Katie J., received Cookie's Golden Heart due to her passing earlier this year.

The facility grounds looked great, thanks to Mike and Brent; the inside of the buildings were spotless thanks to Connie and her crew; decorations were provided and displayed by the patient group and O'Neill staff; and the food was excellent and was organized by cooks Marlene and Dorothy. Many of the alumni and patient group chipped in to help with set up and with the dinner too.

Thanks to all for helping make this 29th Anniversary celebration a special day. The kind of day we all like to have and to remember: "Believe in Miracles."



Program Director Albert Webb provides the welcome to the O'Neill 29th Reunion.



Speaker Tim L., Lincoln, NE.



Speaker Tara S., Hastings, NE



Golden Heart award to "Cookie" is presented to Cookie's granddaughter, Katie J.



Keynote Speaker, Megan O'Connor, Norton, KS



Tim Hand, with the Friendship half-way house in Grand Island, accepts a Golden Heart award.

Third Annual Campout A Huge Success

By: Rod Bowder

The O'Neill and area AA & NA groups hosted the 3rd Annual Camp Out on Friday and Saturday evenings in conjunction with the O'Neill Valley Hope 29th Anniversary.

Steve E., Chaplain Jim, the AA and NA groups who participated and especially Dr. Richard Fitch and his family are to be commended for a job very well done. Over 100 people attended the camp out and listened to speakers from Grand Island, Omaha, Lincoln, O'Neill, Neigh, Norfolk, Columbus Fremont and a number of other communities. Some campers came a day early (Thursday) and stayed through Sunday morning Chapel. The

weather was very cooperative, the facilities were excellent and the fellowship provided a spiritual opportunity for growth in a safe recovery environment.



A few of the early campers awaiting the first speaker on Friday evening. The coffee pot was on and plenty of smooore ingredients were on hand.



Dr. Richard Fitch speaks to the campers and gives a history of the campsite and about the chapel on the camp grounds. Later he gave a tour of the Chapel and gave a more detailed history of its beginning.

The Family We Never Had By: Albert Webb

One day I had the great fortune to be talking with Doc Leipold which, of course, can be very intimidating and powerfully elucidating. I was trying to offer a small token of my respect for what he started here with Valley Hope, how it has grown and the philosophy behind all of this. I was also attempting to express how great it was to continue to have him present at special occasions and to tell him how I hope that we are "getting it right."

I told him how it is helpful to have

him around to encourage us and that although what we do feels like it is right and that we have had and do continue to have great supervision, I sometimes just hope that we are "getting it right." Are we doing Valley Hope the way he intended? He was very supportive and encouraging. (Actually he was challenged/confronted me, but that's a story for another time.)

Ultimately I shared a brief story with him about other places I had worked and how it felt to walk into Valley Hope for

the first and how it felt when I first started working here. It felt very comfortable; "like home." I told him that I am convinced that there are many people out there who are just like me — those who are destined to be patients and staff here at Valley Hope as well as those who will never find the door. They are Valley Hope and they don't know it until they walk in the door. I believe they don't know it until we are greeted by "The Family We Never Had." I try to remember to be grateful that I'm here.

Redefining “Family”

By: Ken L.

There were dozens of words I had to redefine when I entered recovery. One of these was the word *success*. I thought that success meant material goods, including big houses, cars and visible wealth. I later realized that 12-Step members and the Dalai Lama of Tibet defined a successful life as one that is full of compassion. The more compassion, the greater the legacy.

Another word I had to redefine was *freedom*. I originally thought of it in the Fourth of July sense, when we celebrated our ability to run our lives as we see fit. I now know that freedom can also mean a refusal to be a slave to mood-altering

chemicals, a license to avoid old coping skills that failed me as I grew older, and a determination to turn my will and life over to a Power Greater than myself.

And to that list of redefinitions, let us add the word *family*. When I was younger, a family consisted of blood relatives who were a little odd and more than a little discomfoting. Families were things one ran from, not toward. They were conflicted, floundering groups of people who could bring you down and ensure that you didn't get above your raisin'.

Entering into recovery, thus, showed me that my definition of family was wrong, or at least severely limited. I now see (using my new pair of glasses) that my 12-Step family (my recovering

brothers and sisters) is a type of family that I *elect* to see. That I look forward to seeing. That I use to help me grow emotionally, mentally, and spiritually. I look forward to my 12-Step meetings as family reunions. And every time I've attended one, nobody's gotten drunk, there are no fistfights and everyone pretty much works hard to enrich the lives of everyone else in the rooms.

This is all the more important to me as one who no longer has blood family, nor children, nor grandchildren. But I am continually impressed as to how big and how supportive my elective family is. I can contact it 24 hours a day and when I do, I can be sure that it's there for me and I'm there for it. Does it get any better than this?



Come Celebrate!
Chandler Valley Hope's
20th Anniversary
Fall Roundup
Saturday, October 28, 2006 -- 2:00 p.m.
Chandler, AZ

Schedule:

- 2:00 p.m. Registration
- 2:30 p.m. Medallions and Golden Heart Awards
- 3:30 p.m. Looking back at 20 years at Chandler Valley Hope (speakers)
- 4:00 p.m. Keynote Speaker
- 5:00 p.m. Food and Fellowship

There will be plenty of food, fun and fellowship as well as activities for children, a bake sale (Country Store) and a raffle.

Anyone interested in assisting with any feature of the VHA Fall Roundup may call Ken Lucas at (602) 298-7804.

Grapevine/Garland/Fort Worth

The Family I Never Knew I Had By: Dee S.

I never knew what was coming from one day to the next growing up. The family values I understood were all the things that we use in lectures to describe an unhealthy family. I learned how to lie at an early age to cover up my father's drinking, not to show any emotions, and to never get angry. I was taught that only religious fanatics didn't drink. But the most important lesson of all was to never tell anyone what went on in my family. As I look back I realize that all of my close friends also came from very dysfunctional, i.e. alcoholic, families. We never really talked about it but somehow we knew we did not fit in with the so called "normal" people.

My father died of cirrhosis of the liver but he lied about that until the day he died: he told the family he had cancer. I was the one who called the doctor to find out the truth after he died. Two years after my father's death my mother went to treatment and I started hearing about Al-Anon and Adult Children of Alcoholics meetings. I met a man who was a

recovering alcoholic and he manipulated me into going to an Al-Anon meeting. I slipped in late and sat in the back. Someone was telling their story and it was for worse than mine, but amazingly she was happy and had let go of much of her history. She talked openly about things that I had been taught to never to tell anyone. This woman was welcomed with open arms and hugs. No one criticized her or told her not to talk about such things. No one was shocked or embarrassed about the things she shared, they just loved her any way.

This was the first time I realized that you did not have to look perfect and say all the right things, or put on a false front in order to earn love. I kept going back to these meetings and learned that I was not crazy, bad or delusional. I was just a member of a category that we call adult children. I felt more at home with these people than I had ever felt anyplace before. These people had the same fears and backgrounds that were similar to mine and they loved me, warts and all.

The people in Al-Anon accepted me for who I was and did not try to gloss things over. I got a sponsor who pointed out my character flaws and crazy actions to me in a loving way and asked if I wanted to get better. I met friends who I could go places with and have fun with without worrying about what they were thinking of me. About six months down the road I realized that I was much happier than I had ever been, that I was standing up for myself more, and less afraid than I had ever been. These were the people that I could call anytime day or night and they would be there for me. Most of all I learned that my biological family could no longer manipulate me. I now had found a closer, more loving family, than I had ever dreamed existed.

I got to be ME for the first time in my life with a family I never knew I had. This family has been in every 12 Step meeting I have attended. I have moved several times since that first meeting and I always find the same loving family, anytime or anywhere I go to a meeting.

Unearthing A Buried Treasure

By: Rachael McBride

Anyone who knows me well at all knows that I'm an isolator. I have mastered the art of being alone in a room full of people, even people I love and want to be close. I don't know why this is, I just know this is one of many truths about me and always has been. Every childhood family gathering for me was like a game of "Where's Waldo?" If you want to find little Rachael, you have to search. She's probably out in the garage with the cats, or roaming around outside, or alone in some room with a book and wearing headphones. It was always just more comfortable for me to wander away from all the people, because I never felt like I fit in anywhere (I know you guys get this, I've heard you all say it). Even with family, I felt like an outsider because I've always been the "different" one. I never felt like a part of my own family, so I looked for belonging and acceptance in other places; some healthy, some not so healthy. There have been a few people to cross my path that I felt at home with, but I haven't maintained many of those relationships because, well, I'm an isolator.

Over the last few years, I have been

lucky enough to stumble into another family here at Valley Hope. I have had relationships here like never before, filled with honesty, compassion, confrontation, acceptance and understanding. We have been through a lot together, and sometimes I have felt closer to these guys than to my own family. My friends here have taught me how to reach out, called me on my stuff, and helped me learn that I don't have to be perfect to be loved and accepted. We've cried together, laughed at each other, irritated each other like siblings, gotten mad at each other, and leaned on each other through hard times. Whoever said you can't pick your family had the wrong definition of family as far as I'm concerned.

Lately, though, I have felt a pull toward the family I was born into and am discovering the value of kinship. One by one, I have been getting to know my relatives and unearthing the buried treasure that is my family. My mother has always been there, but she becomes more and more human the older I get, and the stuff that drives me crazy about Mom is the stuff that drives me crazy about me. I'm learning that I have my Dad's sense of humor and many of his

behaviors, so he gets me in a way that most people don't. My grandmother is a sweet, caring, unintentionally funny woman, and my tiny adorable little three-year-old cousin has turned into a giant, pierced, punk rock college student with a teddy bear for a heart. My aunts, uncles, cousins, parents and grandparents all have their good and bad qualities, and they're all different. And here's the best part--they all feel different and alone sometimes and they don't do everything right and they all question their worth sometimes and none of them had a perfect childhood and they all hurt sometimes- *just like me*.

It had never occurred to me before that they're human! Ironically, once I accepted our differences, I started seeing how similar we all are. The truth is that none of us really fit in, but none of us really have to in order to love and appreciate each other. Now I can just let them be them and love them for it, and I can stop thinking I have to "match" to be accepted. Once I finally let go of what I thought my family should be, I began to discover what it actually is- a bunch quirky, loveable, neurotic, frustrating, brave, wonderful people to whom I'm lucky enough to be related.

A Loving Family I Can Call My Own

By: Beth F.

I don't know about the rest of you but I had to distance myself pretty far away from most of my blood family while I was active in my addiction. They certainly didn't approve of what I was doing so I couldn't waste my time with them. Coming into the program I felt truly alone and orphaned, nobody who was a blood relative seemed to understand why I acted the way I did. It was truly a blessing to finally be welcomed with a warm hug and to be understood for who I was.

I just had a lot of little strange habits even when I wasn't using, I still told lies if I was talking and my 12 Step family didn't think a thing about it when I stopped talking and said, "Oh hey, just forget all that I just said, it was all a

lie", they just smiled and said they had been there too once. My real family rolled their eyes and said, "I knew you hadn't changed." I'd think – hey, at least I admitted it this time! My AA family knew they didn't cause me to drink or drug so they were honest with me – my blood family acted like I was on the verge of a melt down any minute over anything they might say or do – it was frustrating feeling like I was not capable of doing the dishes in their eyes and also like I should be doing all kinds of really responsible stuff like having a job – I was between a real rock and a hard place!

I was so scared to live life on life's terms and my blood family didn't understand what the big deal was, they thought since I was clean and sober I should just be out there getting a job,

dealing with my finances and being happy, happy, happy. Thank goodness my AA family was available to me to tell me how it was okay to be scared, it was okay to be uncomfortable and it was okay to talk about it; just don't drink or drug and everything would work out. They were so right!!

Today I love experiencing life, I am happy for the most part, I mean truly happy and my AA family is always available to me to remind me that acceptance is the answer to all my problems today.

By the way, I don't hang out much with my blood family today because even though I grew through some of my fears and healed a lot of other stuff, they didn't...now I can love those members from a distance and pray that they get better and still have a truly loving family to call my own.

Worthy Of Recovery

By: Catherine S.

My early life was strung together by a myriad of traumatic events. The end result was that I grew up believing I was damaged goods. This launched my campaign to find a family, any family that would take me in and let me call them my own. My every attempt failed, but that did not stop me from continuing to search for that one human being who I thought 'could' complete and fill the voids in me. My every attempt failed and as my pain from all of the rejections increased, I sought out other means to make me feel good. Alcohol became my drug of choice...the more rejection of self-hate I incurred, the greater the amount of alcohol I consumed to numb my pain. The end result was I found myself emotionally bankrupt and in a spiritual coma, which took me to my darkest bottom. This changed the entire course of my life.

I entered treatment at Grapevine Valley Hope for my alcoholism. My first week there I was in a psychotic blackout where I became very verbally aggressive and emotionally out of control. Others in the program were the target of my blackout behavior, but this was the opportunity for new doors to open for me. God restored my sanity....and in time my peers came to see the real me...a miracle slowly began to happen...I realized just how powerless I was to regain my sanity; no one else was able to either, but God could and did. He gently began to show me His love through my peers here at GVH in a way I had never before experienced. Not only were others loving me but they showed me tolerance when I was completely irrational ...they believed in me when I felt unworthy of any good thing, they lifted me up when I was at my lowest, and encouraged me as I came around and had to meet each new day.

As the weeks went by I learned to love myself little by little. I came to believe I was worthy of recovery and then one day it dawned on me...it is here, amongst my peers in recovery and the staff that help guide us, that I found what I had been searching for all my life... "The family I never knew I had."

The Instant Family

By: Cody McClure

Not everyone grew up in a nurturing family environment. Though an unfortunate reality, there are many that never really had the foundation of nurturing environments to help them learn from, and cope with, daily experiences. This is often true for the recovering alcoholic/addict as well.

One of the great assets of recovery I talk about with our patients is the "Instant Family" one enters into with AA/NA. It is amazing to me how an individual can go anywhere in the world and find people with the same basic priorities in AA/NA and almost instantaneously have a brotherly/sisterly bond. Language is no barrier, either. One recoverer related to me his story of traveling to an area in Russia and finding an AA meeting. Not a word of English was spoken at this meeting, yet that recoverer and his AA comrades (no pun intended....well, Ok, maybe a little...) seemed to still connect with one another in a familial way. He left the meeting feeling as refreshed as from his meetings in the states.

If you think about it, the Valley Hope family is much the same. It is wonderful having alumni return to sit out at the smoking patio, sit in on lecture, etc. and almost immediately bond with current patients. Our annual OcSOBERfest is another example of what could be called a "Family Reunion" of sorts. Even though there are many who may not have previously known each other, that brotherly/sisterly bond is almost instant. The benefit of all this – now one has a nurturing "family" from which to learn from, and cope with, daily experiences. It's nice not only to be accepted and to feel a part of something significant, but it's healthy and feels good to have these bonds. So, to all of the VHA recoverers out there....welcome to the VHA Family.

Speaking Of Extended Family

Room 123½ is open every Friday for Alumni Meetup at 2:00 p.m. and 6:00 p.m. The room is in the outpatient wing, next to the counselors' offices. Current and former GVH patients are invited for fun and fellowship! Contact Rachael in IOP or any of our active alumni for more information.

The Proverbial Silver Lining

By: Michelle Tolleson

This issue's theme "The family we never knew we had" is such an interesting statement. What does it mean in all reality? Is it some long lost relative that has been suddenly discovered in some foreign country? Or maybe it is those that have crossed our paths in some form or fashion that, even though it was a brief encounter, impacted our lives so greatly that they quickly become a permanent part of who we are. In my opinion, it is an equal combination of both.

The patients we come in contact with on a daily basis begin their impact as "the long lost relative." They are new, exciting and unknown to us. We are anxious to learn of their travels, journeys and series of events that brought them to our home. We welcome them in warmly with open arms; give them the love and understanding that they all so richly deserve. As time passes, they become an even bigger and much more important part of our family and transform into the ones who begin to make their impact on us.

I find that each person I come in contact with leaves me with some sort of token or memento of where they have been and the promise of that proverbial "silver lining" that most of them always seem to find. Then, once their stay is over and they have moved on, part of me is sad because I'll no longer be able to see that person like I'm used to seeing them. I find myself missing that "long lost relative" that had been brought into my life and shared with me where their travels had taken them. But just like any relative does that comes to visit from afar, they bring us souvenirs, small emotional tokens and treasures that are meant to last a lifetime. So to anyone who reads this article, be it patient, alumni or staff, thanks for all the souvenirs you have blessed me with--I'll treasure them always.

Self-acceptance

Have patience with all things but first with yourself. Never confuse your mistakes with your value as a human being.

You're a perfectly valuable, creative, worthwhile person simply because you exist. And no amount of triumphs or tribulations can ever change that. Unconditional self-acceptance is the core of a peaceful mind.

Traditional Care

A 30-day treatment option

Grapevine Valley Hope's Traditional Care is intended for alcoholic or drug dependent individuals, and/or family members of the alcohol and drug dependent, who are seeking a more traditional model of treatment and who would like to focus on treatment away from the distractions of daily living. Unlike our other levels of care where no pre-determined length of stay is set, Traditional Care is a 30 day treatment experience.



A patient enters this program once all medical and mental health needs have been stabilized. The longer length of stay allows the patient additional treatment opportunities not always accessible in

our other levels of care. In addition to all modalities offered at our residential level of care, it also includes 12 Step work through Step 8, an individual Hot Seat experience and extensive opportunities to examine ones spiritual life from a non-denominational perspective.

In order to make this level of care financially accessible to our patients and families, this program is provided at a lower cost than our other inpatient levels of care. Additionally, this program is not generally



accessible through traditional insurance benefits and is, therefore, a self-pay program. If finances are a concern, convenient and affordable payment plans are possible. A 30 day commitment is required from all patients wanting to enter this level of care.

Angels Among Us

By: Angeline P.

I thank my co-workers and other friends who encouraged me to "hang in there" and prayed for me during a trying time. I regard you as the family I never knew I had. I am reminded of the song by the country music group Alabama, *Angels Among Us*:

Oh I believe there are angels among us
Sent down to us from somewhere up above
They come to you and me in our darkest hours
To show us how to live, to teach us how to give
To guide us with the light of love

When life held troubled times, and had me down on my knees
There's always been someone to come along and comfort me
A kind word from a stranger, to lend a helping hand
A phone call from a friend, just to say I understand
And ain't it kind of funny at the dark end of the road
That someone lights the way with just a single ray of hope

They wear so many faces, show up in the strangest places
To grace us with their mercy, in our time of need
To guide us with a light of love.

~Namaste!

Opportunity For Personal Rediscovery

By: Don Wegscheider, LCDC

Finally the day arrives for the patient to hang his cup at discharge. Patients often say "I could not have done it without my family." A family member grips the podium, tearfully, pauses to compose oneself enough to say, "Thank you, Valley Hope, for giving my...(husband, wife, son daughter) back to me."

Contrast this with the scenes at intake. "I don't want anyone to know that I am here." "My family is tired of helping me."

"They have cut me off." "They kicked me out."

Dr. Jung in the *Big Book* speaks of the need for a total psychic change, a complete rearrangement emotionally for anyone to recover from this disease. After detoxification, the fog begins to lift from the patient's mind. Clarity sets in and the patient is surprised at the love response from the family. He discovers that the family's love was always there. It was just bruised with distrust from all the lying and betrayal.

It was afraid of becoming vulnerable and disappointed again. But family love is still present.

Treatment provides an opportunity for personal rediscovery. The patient has the chance to ask, maybe for the first time, "Who am I?" The family, too, feels the initial relief that the patient is finally getting help and they can rest easy for awhile. But then, the family takes the opportunity for redesigning their family lifestyle to encourage recovery. Family and patient alike, look through tears of joy saying, "This is the family we never knew we had."

Parker/Denver/North Denver Colorado Springs

Family In Recovery

By: Karen B.

My family members were very concerned about my excessive drinking, having lost one daughter to methamphetamine addiction a few years before. My family had no knowledge of addiction—yet there were several members in both parents family who were active in addiction. Denial of problems, blaming was how we all grew up.

Married to an alcoholic, he had no commitment to "in sickness and in health" and joined at the hip with his parents they pointed their fingers at me so as not to have to look at his addiction. My children were torn between his family and their mom and they were angry to find out their mom was an "Alcoholic" when she introduced herself at the family program. My own shame was great and none of us knew about this disease. I was rejected by my family, his family and my family of origin struggled to understand or they blamed.

In the treatment center they spoke of disease, and my shame began to change to understanding. I listened to my fellow patients and their stories, so different yet so similar where the substance abuse entered the picture. The powerlessness and un-manageable pieces in our lives were the same or similar. FAMILY a group of related things or individuals connected. I had found this new family in treatment, sharing some of my deepest secrets, hearing theirs. My own family struggled with this new found connection, resenting them and me.

Once out of treatment, in my half way house setting I lived with 12 other women who struggled with their addiction, and some how we could help each other although our backgrounds and ages varied. Little was similar in fact except the addiction, and we became a family over the three months I lived there. My counselor providing my therapy as well as a healthier form of parenting based on acceptance and honesty.

I had another family, surprise surprise, my home group in AA. They too adopted me into their system, taught me about gratitude, acceptance, tolerance and love. This group of people were always there when I would show up. They had a deep understanding of me, my disease and encouragement. My own family remained stuck in fear for years, and I encouraged them to go to Al-Anon, only one attended. My family would speak on the changes they saw in me, especially the ones they did not

like that went against the co-dependency we knew. My sponsor continued to guide and befriend this alcoholic as we worked the Steps together. We all have a significant association and commitment.

Today, I work in a treatment center at Parker and I still get to see some of the ones who helped heal me. My other blessing is I get to watch others heal. In our last Alumni Group the patients asked about family, and almost all of the Alumni shared about their "new" family..." this family found at 12 Step meetings, and how they had been adopted by the group who provided for them that deep understanding, encouragement, support and so much more. Recovery is such a blessing to have and to watch. My children have been blessed with it, my family of origin all influenced by those 12 Steps. I pray each of you find your "family in recovery" and keep adding to it.

Renewal Days: 3rd Friday of each month

October 20 November 17

**Parker Valley Hope Speaker Night
sponsored by the Advisory Board:**

Second and Fourth Saturday of each month at 7 p.m.

October 14 and 28

November 11 and 25

July and August Medallions: Kim C., Nicole S., Emily S., Michael H., Bobby C., Ethan S., Scott L., Sue M., Sarah P., Rick B., Jill P., Michael S., Kelly P., Debra C.

Atchison/Mission

Allow Your Family To Grow

By: Trish W.

I love tripping down memory lane, especially my childhood, because it just seemed magical. I was born in San Diego, California in the Old Downtown Hospital. I was adopted at the age of six months old by two wonderful people who love me very much.

My mother was unable to have children so they adopted. My parents had grown up here in Atchison, Kansas, and had gotten married when they were 16 years old. My father was in the Navy and he was stationed in San Diego. I believe God put us all together, because we were supposed to be.

I discovered my biological mother, father and my grandmother were musically gifted and my grandmother was a famous pianist. Now the down fall to this was my biological mother was also an addict and had problems with drugs. I received my biological people's musical talent and also inherited my mother's addicted genetic make up.

My parents are whom I call my parents today and those other people are merely my biological people. My mother and father love me very much and would go to the ends earth for me. My father loved to travel so we would travel all over the United States; he was a worldly man and wanted us to have the same experiences and education. We have been to saw mills, amusement parks, piers, on trolley rides and much more, you name it more than likely we have either seen it or done it. The thing I enjoyed the most however were the trips to Disney Land. That was a magical place for me. I just loved growing up -- until I was in my adolescent years.

My adolescence was a rough time for me and I began getting into trouble and acting out and rebelling. At times it was hard at Horace Mann Junior High, because if you didn't hang out in the "in crowd", or wear a certain something, or act a certain way you were ostracized from the group. So there were several of us who were ostracized from the group and I began hanging around the wrong people and making bad decisions. My parents, being concerned about my well being, relocated our family to Atchison, KS. This wasn't a bad decision to move to "poe dunk"

Kansas, but this was somewhat of a culture shock for me. Instead of the Ocean being in our back yard, I had a cow in my back yard. I had a hard time adjusting, but I graduated high school, got cleaned up when I was 24 years of age and life has been evolving and I have been growing ever since.

Now I had this wonderful family growing up, that loved me very much, but when I cleaned up I was amazed at how my family grew. I had my NA family who, when my parents didn't understand the cravings of my addiction, understood and could help me through those cravings. They loved me unconditionally and they didn't care where I had been or what I had done, they were only concerned about my well being and how they could help. My sponsor taught me how to work the Steps and to utilize them in my life on a daily basis. My parents saw me evolve and were supportive of these other

people being a part of our family.

My family even continues to grow today. Working at Valley Hope is a special thing. The people at Valley Hope became part of my family. I lost my mother about three years ago which was a devastating event for me, because I had lost someone very significant to me. I had lots of support at her funeral from all of my family members (work, NA, and my immediate family). I also found out how many surrogate mothers I had when she passed away. People were willing to help me in any way that they could. Though they wouldn't replace my mother, they helped me fill the void. My family continues to grow through out the fellowship and each person who comes and goes either in or through my life has become a part of my family in one way or another. There has been a gift and a lesson in every event and I am grateful God places those people in my life.

My hope is that you too will allow others to be a part of your life and allow your family to continue to grow.

— The Family I Didn't Know I Had —

By: Beth Wood

I've heard patients tell each other one on one, in cup hangings and in medallions- that the fellowship of Valley Hope becomes your family. That has certainly been true for my family and myself.

As children we played with other "Valley Hope kids" and babysat some of them. We attended Christmas parties, anniversaries, Thanksgiving dinners, and the occasional fire alarm (waiting for Mom to get off work) at Boonville Valley Hope. My brothers and sister and I were as comfortable there as anywhere. The staff there will always be in our hearts.

When I decided to go into counseling, Valley Hope was the natural choice for me. It has been an organization that I admire for the work that it does, and love for the people that I've known. God led me to Atchison and the family I have met here has humbled me. In the 3 1/2 years I've been here, we've helped each other through sorrows and celebrated joys. We're a close knit, fun and diverse crew. I've been baptized here, gotten lessons on gardening, flower

arranging, cooking and Harleys.

I believe Valley Hope has stood the test of time, chaos, and daily stresses because of the family within its walls. That fellowship is felt throughout the patients groups, but also throughout the people that help them. It is a relief to know that we can send any of our patients to any of the Valley Hope facilities and know that they will find that same fellowship and family. We have our moments of disagreements, like all families do, but the love and respect is always present.

God has blessed me in many ways. I have the family of my parents, brothers, and sister who provide a rock solid foundation. I have the family at Boonville Valley Hope who watched me grow up and the family at Atchison Valley Hope who has done the same and helped me through those growing pains. God led me to another member of the Valley Hope family, and in April, Ryan and I will marry and begin our own family together. The little girl sitting in the basement of Boonville, watching her mother hop around in the Christmas skit, would never have dreamed her family would be this big. What a blessing.

Extended Family

By: Marvin G.

The family we never knew we had...wow what a topic!!! Today I can relate to this one from the heart, I have always had a wife, a son, a daughter, a son-in-law, a daughter-in-law, two grandsons, and one on the way, a mother, five sisters, two brothers, and many aunts and uncles, and cousins.

Today I still have them only because I work the NA program. But I also have a "Dad" (my sponsor), "six NA brothers"

(my sponsors - sponsee's), "four sons" (my sponsee's). Through each of these people in my life they all show me how to live a better life. As in the past I can go to my biological family for the help I have needed. Today I can go to my extended family and learn how to give all those in my life the love, the care, and the kindness they deserve.

In my past I cared less what others thought or wanted and needed. "It was always about me." Today by reaching out to those in the program, I can gain

suggestions on how to handle my problems. Also today I have others that I consider my family, and they are my co-workers and patients. As I give to them, they give to me by helping me look at my anger, attitudes and behaviors. I am truly grateful to be able to use everyone I come in contact with to better myself to be able to help others. The biggest thing I have learned is that I "need" to allow others to love me until I can love myself. Today through each of my "Family Members" I can do that, and for that I thank each of you.



November 11, 2006
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And The Dictionary Says:

By: Tom M.

Webster's *Third New International Dictionary* defines family as a group of people bound together by a philosophical, religious, or other convictions: FELLOWSHIP. Family is also defined as a group of biologically related individuals, celestial objects, earth elements, etc. When addiction was governing my life, the feeling of loneliness was almost crushing. There was no sense of family or even friendship. The road to recovery has given me a whole new family and helped to restore relationships with my biological kinfolk.

My new family can be found in any city and many small towns across the country and around the world. It is called the fellowship of Alcoholics Anonymous. Like my biological family, they seem to practice unconditional love for their fellows. Acceptance of others as they really are, appears to be the standard of behavior. I have learned from them--to love the newcomers until they learn to love themselves. The only price

for admission is a desire to stop drinking. However, they are also unique, in that they understand how my mind works (or doesn't in a lot of instances). When I bring my trials and tribulations to the table, they share their own experience, strength, and hope based upon their understanding of my woes. Even when I don't obtain the easy answers that I crave, the weight of life has been reduced by the time I exit the meeting place. I have never met another group of people who are so willing to help one another.

To say that I had estranged my biological family is a gross understatement. My world had shrunken to the space where I was existing (not to be confused with living). I had chosen to isolate myself from humanity. My own daughter wouldn't speak to me, even on the phone when I was quasi-sober. Today, she appears to enjoy our time together and finds reasons for more frequent and longer periods of acting like father and daughter. Remarkable! She's seventeen.

My siblings rejoice in my return to working in recovery rather than living in relapse. I know my choices today are between recovery and relapse. The sense of well being that goes with recovery is something I don't want to give up again!

My families are truly precious gifts in my life. I need only remember that for any gift to occur there has to be two elements--the giver and the receiver. It is my belief that the giver has always been there. I have to continue to be willing to receive!

The finest gift you can give anyone is encouragement. Yet, almost no one gets the encouragement they need to grow to their full potential. If everyone received the encouragement they need to grow, the genius in most everyone would blossom and the world would produce abundance beyond the wildest dreams. We would have more than one Einstein, Edison, Schweitzer, Mother Theresa, Dr. Salk and other great minds in a century.

~Sidney Madwed

Halstead/Wichita

Two Families

By: Mike G.

When I saw the theme for this issue of the *Coffee Cup*, I immediately thought of my early recovery and the many relationships that came about from attending 12 Step meetings. When I was first getting sober, I was in a halfway house a long distance away from my children and family, and I had received my divorce papers while in treatment (an obvious consequence of my addiction.) My job forced me to work on holidays, and my meager finances kept me from making too many trips home. I was often not able to attend family reunions and holidays. Even if I had been able to attend, it was emotionally difficult for me to as I was still working through the shame and guilt of my years of avoiding and neglecting family get-togethers due to my addiction.

However, I had been very graciously accepted into the family of recovery. In meetings I met people who seemed to

know and understood me better than my family. I even said in meetings, "I feel closer to you all than I do to my own family." People there related with my fears, my guilt, and my long history of the insanity of addiction.

As my recovery progressed, so has my relationship with my family. I knew from my childhood experiences that my family had many wonderful people, but my addiction had removed me from them. However, I have come to value them now in recovery more than I ever did before my addiction. I no longer say I feel closer to people in recovery than my family -- I now recognize that I have two wonderful families. It took the acceptance and help from my recovery family to help to regain and more fully appreciate my biological family.

One of the most lasting pleasures you can experience is the feeling that comes over you when you genuinely forgive an enemy--whether he knows about it or not.

~A. Battista in Quote Magazine

Congrats!

Congratulations to our most recent alumni picking up their cups at Halstead Renewal Days. On 7/28 Aaron C. from Kansas City was back to celebrate three years, and Wayne R. from Wichita celebrated two years of recovery. The following people picked up their cups and celebrated one year of recovery: John P. from Gypsum, Steve A. from Harper, Angie D. from Augusta, James G. from McPherson, Tom H. from Wichita, and Rebecca C. from Liberty, MO.

On our 8/25 Renewal Day, William T. from Newton was here to celebrate one year of sobriety, and Wayne M. and Allen D., both from Wichita, were here to celebrate three years of recovery. Also, on 6/30 Travis H. from Wichita made a trip to Halstead to pick up his cup and celebrate his first recovery birthday with the current patients. All the staff at Halstead Valley Hope offer our hearty and sincere congratulations to all the alumni who came back to share their new lives.

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Norton Valley Hope

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Paul & Wanda Faimon
Keith Dickey

Mr. & Mrs. Jack Wilkens
Steve & Gloria Cole
Stinemetz Funeral Home

Atchison Valley Hope

Linda Brown

Teresa Schmeck

Cushing Valley Hope

Cathie Kincaid

Halstead Valley Hope

Jean Seeger

Parker Valley Hope

Elizabeth Howard

Atchison Building Fund

Mike & Elva Brantner

Night to Remember Luminary

Chuck Worden
Tom & Dianna Montoia
Karen Carter - Razor's Edge
Carol Wyatt - Razor's Edge
Lamont & Pam Shirk
Garden Gate Floral's, Etc.
Hillcrest Motel
Betty Wortman
The Bank
American Family Insurance
Adventures in Eating
Moffett Drug Store
Stoves & More/Norton Shirt Co.
Hot Shots
Kellies
Ruth Antiques
The Gordon Company
Felton Ace Hardware

Bodyworks Massage Therapy
Don & Karen Peterson
Mr. & Mrs. Johnnie Arford
Chris & Sheila Helleberg
Brenda Hogan-Matson
Montica Leitner
Vickie Taylor
Gaylene Carr
Regina Beikman
Richard Weinbender
Jim & Linda Carey
Ronald Smith
Ron Pinkerton
Annie Bryie
Dan Hazlett
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(660)882-6547 FAX (660)882-2391

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(480)899-3335 FAX (480)899-6697

CUSHING VALLEY HOPE

1001 South Jones
Cushing, OK 74023
(918)225-1736 FAX (918)225-7742

GRAPEVINE VALLEY HOPE

2300 William D. Tate Avenue
Grapevine, TX 76051
(817)424-1305 FAX (817)424-1327

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328 Poplar
Halstead, KS 67056
(316)830-2041 FAX (316)835-2645

O'NEILL VALLEY HOPE

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O'Neill, NE 68763
(402)336-3747 FAX (402)336-3096

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2242 East Main Street
Parker, CO 80134
(303)841-7857 FAX (303)841-6526

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Norton, KS 67654
(785)877-5101 FAX (785)877-3903

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Colorado Springs, CO 80907
(719)265-1867 FAX (719)265-5780

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Centennial, CO 80112
(303)694-3829 FAX (303)694-3846

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Westminster, CO 80031
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Eastgate Business Park
1720 Northwest Hwy. Ste. B320
Garland, TX 75042
(972)682-7686 FAX (972)682-9277

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(NW Loop 820)
Fort Worth, TX 76102
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Lincoln, NE 68505
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Oklahoma City, OK 73132
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(417)832-9707 FAX (417)832-9765

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(314)514-9220 FAX (314)514-9273

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Tucson, AZ 85741
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River Oaks Office Park
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(918)493-9475 FAX (918)493-9478

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